

A defense against cancer can be cooked up in your kitchen.

There is evidence that diet and cancer are related. Some foods may promote cancer, while others may protect you from it.

Foods related to lowering the risk of cancer of the larynx and esophagus all have high amounts of carotene, a form of Vitamin A which is in cantaloupes, peaches, broccoli, spinach, all dark green leafy vegetables, sweet potatoes, carrots, pumpkin, winter squash, and tomatoes, citrus fruits and brussels sprouts.

Foods that may help reduce the risk of gastrointestinal and respiratory tract cancer are cabbage, broccoli, brussels sprouts, kohlrabi, cauliflower.

Fruits, vegetables and whole-grain cereals such as oatmeal, bran and wheat may help lower the risk of colorectal cancer.

Foods high in fats, salt- or nitrite-cured foods such as ham, and fish and types of sausages smoked by traditional methods should be eaten in moderation.

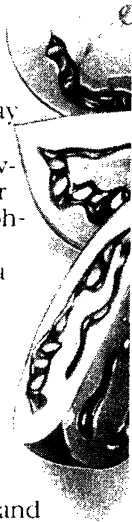
Be moderate in consumption of alcohol also.

A good rule of thumb is cut down on fat and don't be fat. Weight reduction may lower cancer risk. Our 12-year study of nearly a million Americans uncovered high cancer risks particularly among people 40% or more overweight.

Now, more than ever, we know you can cook up your own defense against cancer. So eat healthy and be healthy.

No one faces
cancer alone.

AMERICAN CANCER SOCIETY



Books Received

Books received by THE WESTERN JOURNAL OF MEDICINE are acknowledged in this column. Selections will be made for more extensive review in the interest of readers as space permits.

QUESTIONS & ANSWERS ON AIDS—Lyn Robert Frumkin, MD, PhD, Department of Neurology, University of California, Los Angeles, School of Medicine, and John Martin Leonard, MD, National Institute of Allergy and Infectious Diseases, National Institutes of Health, Bethesda, Maryland. Medical Economics Books, Oradell, NJ 07649, 1987. 184 pages, \$19.95 (paperback).

RAISING A HANDICAPPED CHILD—A HELPFUL GUIDE FOR PARENTS OF THE PHYSICALLY DISABLED—Charlotte E. Thompson, MD, Director, Center for Handicapped Children and Teenagers, San Francisco, and Assistant Clinical Professor of Pediatrics, University of California, San Diego, Medical School. William Morrow & Company, 105 Madison Avenue, New York, NY 10016, 1986. 266 pages, \$17.95.

REALITY ORIENTATION FOR THE ELDERLY—Third Edition—Sylvester Kohut, Jr, PhD, Dean, College of Education, Kutztown University, Kutztown; Jeraldine Joanne Kohut, RN, MA, Director of Nursing, Westminster Village, Allentown, Pennsylvania, and Joseph J. Fleishman, PhD, former Head Clinical Psychologist, Geriatric Psychology Program, Philadelphia State Hospital. Medical Economics Books, Oradell, NJ 07649, 1987. 149 pages, \$18.95 (paperback).

REFRACTIVE KERATOPLASTY—Volume 4 in Contemporary Issues in Ophthalmology—Edited by Ivan R. Schwab, MD, Associate Professor of Ophthalmology, West Virginia University School of Medicine, Morgantown. Churchill Livingstone Inc, 1560 Broadway, New York, NY 10036, 1987. 305 pages, \$58.

ROCKY MOUNTAIN MEDICINE—Doctors, Drugs, and Disease in Early Colorado—Robert H. Shikes, MD, Vice Chairman, Department of Pathology, University of Colorado School of Medicine, Denver. Johnson Books, 1880 S 57th Court, Boulder, CO 80301, 1987. 255 pages, \$34.95.

SONOGRAPHY OF THE INFANT HIP: AN ATLAS—Reinhard Graf and Peter Schuler. VCH Publishers, Inc, 220 East 23rd St, Suite 909, New York, NY 10010, 1986. 273 pages, \$115.

STARTING IN MEDICAL PRACTICE—Morton Walker, DPM. Medical Economics Books, Oradell, NJ 07649, 1987. 174 pages, \$22.95 (paperback).

STRANGER IN NEW MEXICO—A DOCTOR'S JOURNEY, 1951-1986—J. Peter Voute, MD. University of New Mexico Press, Albuquerque, NM 87131, 1987. 214 pages; \$22.50 (cloth bound), \$10.95 (paperback).

SURFACE TOPOGRAPHY AND SPINAL DEFORMITY—Proceedings of the 3rd International Symposium, September 27-28, 1984, Oxford—Edited by J. Derek Harris and Alan R. Turner-Smith. VCH Publishers, Inc, 220 E 23rd St, Suite 909, New York, NY 10010, 1986. 249 pages, \$57 (paperback).

SURGERY FOR CEREBROVASCULAR DISEASE—Edited by Wesley S. Moore, MD, Professor of Surgery and Chief, Section of Vascular Surgery, UCLA School of Medicine, Los Angeles. Churchill Livingstone Inc, 1560 Broadway, New York, NY 10036, 1987. 933 pages, \$150.

SURGERY OF FACIAL BONE FRACTURES—Edited by Craig A. Foster, MD, DDS, Associate Professor of Otolaryngology and Head and Neck Surgery, New York Medical College, Valhalla; Associate Attending Surgeon (Plastic Surgery), Manhattan Eye, Ear, and Throat Hospital, and Director, Facial Plastic Surgery, New York Eye and Ear Infirmary, New York, and John E. Sherman, MD, Assistant Clinical Professor of Surgery (Plastic Surgery), Mount Sinai School of Medicine of the City University of New York; Associate Attending Surgeon, Beth Israel Medical Center, and Adjunct Attending Surgeon, Memorial Sloan-Kettering Cancer Center, New York. Churchill Livingstone Inc, 1560 Broadway, New York, NY 10036, 1987. 273 pages, \$69.

THERAPEUTIC ENDOSCOPY IN GASTROINTESTINAL SURGERY—Raphael S. Chung, MD, Professor of Surgery, State University of New York, Health Science Center at Syracuse; Director, Surgical Endoscopy Service, and Attending Surgeon, State University Hospital Veterans-Administration Medical Center and Crouse Irving Memorial Hospital, Syracuse, New York. Churchill Livingstone Inc, 1560 Broadway, New York, NY 10036, 1987. 259 pages, \$45.

TOGETHER IN THE DARK: MYSTERIES OF HEALING—Robert H. Colfelt, MD, a neurologist in private practice; Clinical Associate Professor, University of Washington, Seattle, and editor of the *King County Medical Society Bulletin*. Madrona Publishers, Inc, PO Box 22667, Seattle, WA 98122, 1987. 189 pages, \$15.95.

TRAUMA—Emergency Surgery and Critical Care—Edited by John H. Siegel, MD, Professor of Surgery, University of Maryland School of Medicine; Professor of Surgery, Johns Hopkins University School of Medicine; Director, MIEMSS Clinical Center, and Deputy Director, Maryland Institute for Emergency Medical Services Systems, Baltimore. Churchill Livingstone Inc, 1560 Broadway, New York, NY 10036, 1987. 1175 pages, \$150.

WELLNESS MEDICINE—Robert A. Anderson, MD. American Health Press, PO Box 5388, Lynnwood, WA 98046-5388, 1987. 436 pages, \$34.95.

ZANG FU—THE ORGAN SYSTEMS OF TRADITIONAL CHINESE MEDICINE—2ND EDITION—Jeremy Ross, CAC(Nanjing), BAC(MBACA), BSc, CED, MNIMH, Director, Alternative Therapies, Bristol, England. Churchill Livingstone Inc, 1560 Broadway, New York, NY 10036, 1986. 257 pages, \$46.75.